



# SAGE CENTER NEWS

*social | activities | growth | education*

**Issue:** July/August 2022

## Hours

Monday-Thursday 8 am-4:30 pm  
Friday 8 am-noon

## Contact

Phone: 978-363-1104  
Fax: 978-363-1826  
Email: [coa@wnewbury.org](mailto:coa@wnewbury.org)  
Mail: 381 Main Street  
West Newbury, MA 01985

## Staff

Christine Marshall, Director  
Jen Vincent, Nutrition Coordinator

## Board Members

Laurie Spielvogel, Chair  
Marjorie Peterson, Vice-Chair  
M. Dorothy Cavanaugh, Treas.  
Jacqueline Johnston, Secretary  
Gail DiNaro  
Dianne Faulkner  
Jessa Haynes  
Richard Preble  
Joseph Publicover  
Barbara Warne



## SAGE CENTER OPEN HOUSE

**THURSDAY, JUNE 30 FROM 4:30-6:30**

In June the Select Board together with the Council on Aging (COA) Board voted unanimously to change the name of the Senior Center to the SAGE Center. SAGE is an acronym for social, activities, growth and education. When one of the COA members brainstormed about a name change and reflected on the aging process, the word "sage" came to mind as a synonym for wisdom. This rebranding is one piece of the puzzle to revitalize and grow the Center. There have been many changes to our programming, resulting from continuous conversations with you, the residents of West Newbury. We are hearing you and accepting your feedback to create the programs you are interested in.

This is your Center, and I hope you will find interesting programs and events to participate in. Please reach out to me with your ideas or stop by anytime to chat. Our activities schedule will be light for the summer, allowing everyone time to enjoy vacations, families and getaways. Please join us in celebrating the SAGE Center at our Open House on Thursday, June 30 from 4:30-6:30 pm. Light refreshments will be served. Be well and enjoy the summer!

~ Christine

## MEMBERSHIP & REGISTRATION

Membership is open to anyone age 60 or over and is not restricted to residents of West Newbury. There is no membership fee. Registration is required for most programs. Please email [coa@wnewbury.org](mailto:coa@wnewbury.org) or call 978-363-1104 to register. If there is a financial hardship preventing you from participating, please contact Christine for a scholarship. Please complete a Membership Form next time you stop by the Center.

## ELECTRONIC NEWSLETTER

If you wish to receive the newsletter electronically via email, please call 978-363-1104 to request this service or email [coa@wnewbury.org](mailto:coa@wnewbury.org) - thank you! The newsletter is also available on the Town web site at [www.wnewbury.org/senior-center/newsletters](http://www.wnewbury.org/senior-center/newsletters)

## HOLIDAY CLOSURE

◆ Monday, July 4, 2022





## STAY ACTIVE, STAY FIT

### 3B Class - Balance, Bones and Brain

Mondays and Thursdays at 9:00 am

No class on July 25 and July 28

3B incorporates balance exercise to help prevent falls, strength training to improve bone density, and trivia and brain games to help with cognition. All this with great music will keep you motivated and accountable. This class is appropriate for all fitness levels and is run by certified personal trainer, Brian Coyne, who has over 15 years of experience. \$5 suggested donation. Located in Town Offices Annex.

### Yoga is for Any Body

Fridays at 10:00 am

Yoga for everyone - every age - every body - every gender. Yoga unites the mind, body and soul in a way that eases tension, reduces inflammation and promotes health and well being. Yoga not only helps improve your body, but also helps with mindfulness and meditation. Focusing on your breath during practice is key to staying in tune with your mind and body. Please wear comfortable clothing and bring a towel or mat. \$5 suggested donation. Located in Town Offices Annex.



## TRANSPORTATION

### NEET (Northern Essex Elder Transport, Inc.)

Call 978-363-1104

We have partnered with NEET, a non-profit volunteer program providing transportation to medical appointments and errands for residents age 60 and over. Don't miss an appointment - please contact Christine at 978-363-1104 for more information.

### CareRide Program through AgeSpan

Call 978-651-3118

CareRide is a subsidized transportation service for non-emergency medical appointments for anyone 65 plus who resides in the Greater Haverhill or the Greater Lowell areas. The program uses Lyft to provide transportation. For more information, contact Alexandra Luciano, AgeSpan CareRide Program Coordinator at 978-651-3118.

### Ring & Ride

Call 978-469-6878 press option 3

Ring & Ride is a curb-to-curb transportation service provided by the Merrimack Valley Regional Transit Authority (MVRTA) for the residents of West Newbury. This service allows residents to travel anywhere within the MVRTA communities of Amesbury, Boxford, Georgetown, Groveland, Haverhill, Lawrence, Methuen, Newbury, North Andover, Rowley, and West Newbury. The service also allows you to connect to the MVRTA fixed route bus system. For reservations call 978-469-6878 press option 3 between 8 am and 4:30 pm Monday through Friday at least one day in advance. Effective July 1, 2022 rides are free.

# HEALTH & RESOURCES



## Meals on Wheels

Call AgeSpan at 1-800-892-0890

Meals on Wheels can be arranged by calling AgeSpan at 1-800-892-0890 and ask for the Intake Department. Access to nutritious food is important for healthy aging. AgeSpan offers a variety of nutrition services designed to help people stay healthy and independent in their community.

## Congregate Lunch

Lunch served each day Monday through Friday at 11:30 am

Congregate lunch for participants age 60 and over is served daily at the Senior Center. Call for a menu, and we will mail one to you. When a special event is planned, the meal served will be the special event meal. Please call 978-363-1104 to sign up at least 2 business days in advance. Suggested donation \$2.

## Wellness Check with Courtney

Tuesday, July 12 | 1:00-2:00 pm

Monday, August 15 | 1:00-2:00 pm

Courtney Krigest, Clinical Consultant Pharmacist, will be available for blood pressure readings. She can also answer questions about your prescriptions and over-the-counter medications. Please stop by to meet her at the SAGE Center, 381 Main Street, Ground Floor.

## Foot Care Appointments

Appointments are available during the early evening and one Saturday per month. Please call Valerie to schedule your appointment at 781-424-7707.

## Medical Equipment Closet

Medical equipment is donated to us, we sanitize the equipment, and loan it out to residents in need. Please give us a call to ensure that we have what you need. Equipment is available as long as you need it. If the Center is closed, please call the NON-EMERGENCY Police Number at 978-363-1213.

## Food Pantry

July 5, 18 | August 1, 15, 29 | 9-10:30 am (and by appointment)

If you or someone you know needs a little extra help, please stop by. The pantry is open the 1st, 3rd and 5th Monday of every month or call for an appointment. (Open on Tuesday if Monday is a holiday.) We accept donations to the food pantry of unexpired food items, toiletries and paper goods. Monetary donations can be made on the Town's web site / click on *Pay Bills* icon / *Donation* or by check payable to "Town of West Newbury." Thank you for your support!

## Need Help With Medicare? SHINE Can Help!

Regional SHINE Office at 978-946-1374

SHINE = **S**erving **H**ealth **I**nsurance **N**eeds of **E**veryone...on or eligible for Medicare. Certified SHINE counselors offer free, unbiased, confidential counseling on all aspects of health insurance to anyone on or eligible for Medicare. Are you turning 65 this year and have questions about Medicare? Call the **Regional SHINE Office at 978-946-1374**. A Shine counselor will return your call within 48 hours.



# JULY AND AUGUST EVENTS

## SAGE Center Open House

Thursday, June 30 from 4:30-6:30

Join us in celebrating our new name, the SAGE Center. Light refreshments will be served in the SAGE Center and on our new patio. We look forward to socializing with all of you! Everyone is welcome!

## Coffee and Conversation

Thursday, July 7 at 10:00-11:00 am

Thursday, August 11 at 10:00-11:00 am

Join our monthly breakfast gathering to socialize with friends and make new ones! This is a drop in event. Coffee and breakfast food will be served. Location: SAGE Center | FREE

## Sunray Café Delivery

Wednesday, July 13 | Ham & Cheese Croissant

Wednesday, August 17 | Pasta Primavera

As we return to in-person programming, Jen's homemade meals will be delivered **once per month** to residents over the age of 60. Please call the SAGE Center at 978-363-1104 or email [mow@wnewbury.org](mailto:mow@wnewbury.org) to register. Meals are limited to the first 45 residents who sign up.

## Dish Flower Garden Art Class

Tuesday, July 19 from 1-3 pm

Come participate in the Dish Flower Class and make a unique decoration for your garden. Antique dishes will be provided or bring some of your own. Please call the Center at 978-363-1104 or email [coa@wnewbury.org](mailto:coa@wnewbury.org) to register. Limit of 10 participants | Cost \$20



## Ice Cream Socials at the Summer Concerts

Thursday, July 21 | 6:30-8 pm

Thursday, August 25 | 6:30-8 pm

Please join us for the SAGE Center's FREE Ice Cream Socials during the Summer Concerts on July 21 and August 25. Everyone is welcome! Location: Town Bandstand | Sponsored by the SAGE Center.

## Birthday Party Luncheon

BBQ Pulled Pork | Wednesday, July 27 | 11:30-1:00 pm

Clam Chowder | Wednesday, August 31 | 11:30-1:00 pm



All are welcome to attend the Birthday Party Luncheon. Please call the SAGE Center at 978-363-1104 or email [mow@wnewbury.org](mailto:mow@wnewbury.org) to register. Location: SAGE Center | Suggested donation \$5.

# West Newbury Summer Concert Series

Every Thursday June 23rd-Aug 25th 6:30pm to 8:00pm

June 23  
Thomas Machine Works Band  
Country/Rock

July 28  
Gary Backstrom Band  
Original Rock

June 30  
Rust Never Sleeps  
Neil Young Tribute

Aug 4  
The Rum Runners String Band  
Bluegrass/Americana

July 7  
Liz Frame and the Kickers  
Original Americana

Aug 11  
Live Dead  
Grateful Dead Tribute

July 14  
Idlewild :  
A Celebration of the  
Allman Brothers Band

Aug 18  
Ann Marie and Marquis  
Guitar/Piano Duo

July 21  
Way Up South  
Original Rock

Aug 25  
Merrimack Valley Concert Band  
American Variety

**Location: Town Bandstand**

**381 Main Street, W. Newbury, MA 01985 (behind the Annex Building)**

**Food and Beverages available for purchase – Rain Shows in Annex Building**

**ALL SHOWS ARE FREE!**

**For more information visit [www.wnewbury.org](http://www.wnewbury.org)**

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
<b>JULY</b>	<b>Thursday, June 30</b> <b>SAGE Center Open House 4:30-6:30 pm</b>			1 10:00 Yoga
4 <b>CLOSED</b> <b>Independence</b> <b>Day</b>	5 9:00 Food Pantry	6	7 9:00 3B Class 10:00 Coffee & Convo 1:00 Craft Corner	8 10:00 Yoga
11 9:00 3B Class 9:00 Senator Tarr's Office	12 1:00 Wellness Check	13 Sunray Café Delivery– Ham & Cheese Crois- sant	14 9:00 3B Class 10:00 Veterans' Agent 1:00 Craft Corner	15 10:00 Yoga
18 9:00 3B Class 9:00 Food Pantry	19 1:00 Dish Flower Gar- den Art Class	20	21 9:00 3B Class 1:00 Craft Corner 6:30 Ice Cream Social at Bandstand Concert	22 10:00 Yoga
25 <b>3B Class Cancelled</b>	26	27 11:30 Birthday Lunch- BBQ Pulled Pork	28 <b>3B Class Cancelled</b> 1:00 Craft Corner	29 10:00 Yoga
<b>AUGUST</b> 1 9:00 3B Class 9:00 Food Pantry	2	3	4 9:00 3B Class 1:00 Craft Corner	5 10:00 Yoga
8 9:00 3B Class	9	10	11 9:00 3B Class 10:00 Coffee & Convo 10:00 Veterans' Agent 1:00 Craft Corner	12 10:00 Yoga
15 9:00 3B Class 9:00 Food Pantry 10:00 Senator Tarr 1:00 Wellness Check	16	17 Sunray Café Delivery- Pasta Primavera	18 9:00 3B Class 1:00 Craft Corner	19 10:00 Yoga
22 9:00 3B Class	23	24	25 9:00 3B Class 1:00 Craft Corner 6:30 Ice Cream Social at Bandstand Concert	26 10:00 Yoga
29 9:00 3B Class 9:00 Food Pantry	30	31 11:30 Birthday Lunch- Clam Chowder		

# GROUPS & MEETINGS



## Office of Senator Bruce Tarr

Mondays, July 11 & August 15 | 9:30-10:30

Office hours are in-person and held in the lobby or SAGE Center, 381 Main Street, West Newbury

## Games & Mahjong

On hold for the summer

## Council on Aging Board Meeting

No meetings for July and August - next meeting is September 15

## Veterans' Agent, Karen Tyler

Thursdays, July 14 & August 11 | 10-11:00

Office hours are in-person and held in the lobby or Senior Center, 381 Main Street, West Newbury

## Craft Corner

Every Thursday at 1:00 pm

Join our drop in group every Thursday from 1:00-3:00 pm in the Senior Center. Bring the project you are working on - knitting, crochet, cross stitch, sewing, etc. - or grab a craft from the craft basket. We have several kits on hand, as well as mindfulness coloring pages and colored pencils.



Thank you to those who participated and came out to watch the 2022 Memorial Day Parade!

Come visit the SAGE Center patio!  
Plants will be coming soon thanks to the West Newbury Garden Club!



## JOIN THE FRIENDS OF THE WEST NEWBURY COA



I wish to join the Friends Group at the following level:

- Senior \$5.00       Individual \$10.00  
 Family \$25.00       Business \$50.00

Name: \_\_\_\_\_

Address: \_\_\_\_\_

Phone: \_\_\_\_\_

Email: \_\_\_\_\_

Please return to the West Newbury SAGE Center, 381 Main Street, West  
Newbury, MA 01985

## Food Pantry Wish List

Paper Towels  
Small Dish Soap  
Spray Cleaner  
Chicken Noodle Soup  
Clorox Wipes  
Sponges  
Egg Noodles  
Ensure  
Diapers - size 6

**Our pantry has a refrigerator and freezer to accommodate fresh or frozen donations.**

**Mission Statement:** The mission of the West Newbury Council on Aging is to provide support services and programs which will enrich the lives of West Newbury citizens ages 60 and over. The Council maintains information, knowledge and interest in the local, state and federal affairs which relate to the welfare of our residents.



### SAGE Center

West Newbury Council on Aging  
381 Main Street  
West Newbury, MA 01985

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